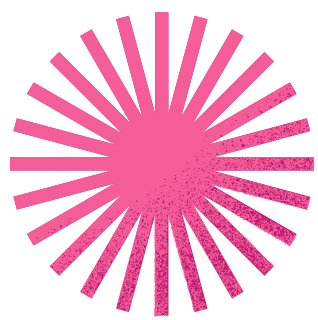
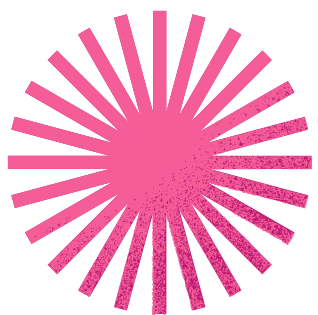


FREE EMOTIONAL SUPPORT AND SELF HELP WORKSHOPS

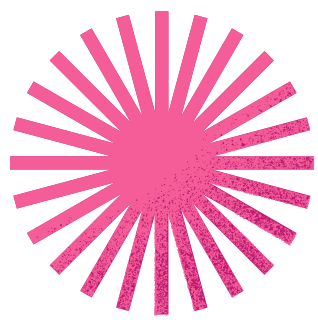
**Mondays at 9.30am to 11.00am
at Butterflies Childrens Centre**



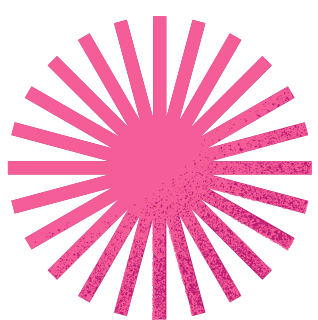
**28th February
Improving your Sleep**



**7th March
Overcoming Anxiety and Worry**



**14th March
Overcoming Emotional Eating**



**21st March
Overcoming Stress as a parent**



**28th March
Overcoming Anger and Irritability**



**4th April
Introduction to Mindfulness**



Come along and learn more about these common difficulties and how to overcome them with self help. Delivered by a therapist from Turning Point Talking Therapies.

